

PHP TREATMENT TEAM

With the treatment team, patients establish short-term goals that can be accomplished during their stay in the program. Overall treatment is focused on stabilizing acute symptoms.

The partial hospitalization staff is a professional, multidisciplinary team. In addition to a clinical manager, the staff includes a psychiatrist, social worker, substance abuse specialist, nurse and an expressive arts therapist.

Patients are assigned a psychiatrist and a case manager who work with them throughout their admission.

This team coordinates all aspects of each patient's care and meets with the patient in groups as well as individually. All clinical information is communicated to the partial hospitalization treatment team, the patient's outpatient behavioral health providers and others as appropriate and with patient consent.

INFORMATION AND REFERRALS

For immediate assistance and access to care, referring clinicians and potential patients may call the Intake Department, 24 hours a day, 7 days a week, at 800-22-ACCES (222-2237) or the program director at 508-678-2833.

Most insurances are accepted. To refer a patient to partial hospitalization, you may obtain prior approval from the patient's insurance company before contacting the Intake Department, or we can do an on-site evaluation and contact the insurance company with information needed for authorization.

Referrals are accepted from hospital inpatient units, mental outpatient health clinicians, PCPs, family members, self-referrals and others.

DIRECTIONS

ACS, Fall River is wheelchair accessible.

From the North

- Route 24S toward Fall River
- Route 79S via exit 7 toward Fall River/Somerset
- Merge right on US-6E/New Bedford
- Merge right on exit Davol Street/Fall River
- Merge right on US-6E
- Merge right on US-6E/Davol Street
- 1082 Davol Street is on the right

From the South

- From Route 24N take exit 3 on the left I-195W toward Providence
- Take exit 5 Route 79N/RT-138N
- Merge right on Route 79N/138N toward Taunton
- Take exit US-6/Davol Street
- Exit left on Route 79S/Route 138S/Tiverton
- Merge right on US-6E/New Bedford/Davol Street
- 1082 Davol Street is on the right

From the East

- From Route I-195W, merge right on exit 5/Route 79N toward Taunton
- Take US-6W/Route 138N exit toward Fall River
- Merge right on US-6W/Route 138N/Davol Street
- Slight left on US-6W/Route 138N/Davol Street
- Slight left onto US-6W/Davol Street
- 1082 Davol Street is on the right

From the West

- From Route I-195E take exit 3 US-6 toward Route 118/Swansea
- Slight right onto US-6E/GAR Highway
- Follow US-6E into Fall River
- Stay to right on US-6E/Davol Street
- 1082 Davol Street is on the right

ABOUT THE COVER

In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.

Arbour Counseling Services is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), and is licensed by the Massachusetts Department of Public Health.

1082 DAVOL STREET, FALL RIVER, MA 02720
PHONE: 508-678-2833 FAX: 774-365-4690



PARTIAL HOSPITALIZATION PROGRAM

Short-Term Intensive Treatment for Adults
Fall River, Massachusetts



ARBOUR
COUNSELING SERVICES

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

PROGRAM DESCRIPTION

The Partial Hospitalization Program provides service to adults ages 19 and over. The program either continues the evaluation and stabilization process initiated on an inpatient unit, or serves as a diversion from hospitalization for patients who require a highly structured treatment program. Patients receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-institutional environment.

The overall program philosophy incorporates a disease and recovery model for both psychiatric and co-occurring substance abuse disorders. The model emphasizes:

- Education to patients and families regarding the nature of the disorder that precipitated admission
- The Adult PHP provides time-limited, therapeutic intervention designed to restore and maintain a maximum level of functioning.
- Acquisition of specific cognitive and behavioral skills for symptom management and development of social supports. This may involve cognitive and dialectical behavior therapy (CBT and DBT) skills
- Understanding and development of recovery management and relapse prevention strategies

Admission Criteria

- 19 years of age or older
- Have emotional or psychiatric symptoms that are severe enough to require intensive treatment in order to restore functioning

- Not actively suicidal or homicidal and able to contract for safe behavior
- Any medically necessary detox must be completed prior to admission
- Able to engage in group therapy

PROGRAM COMPONENTS

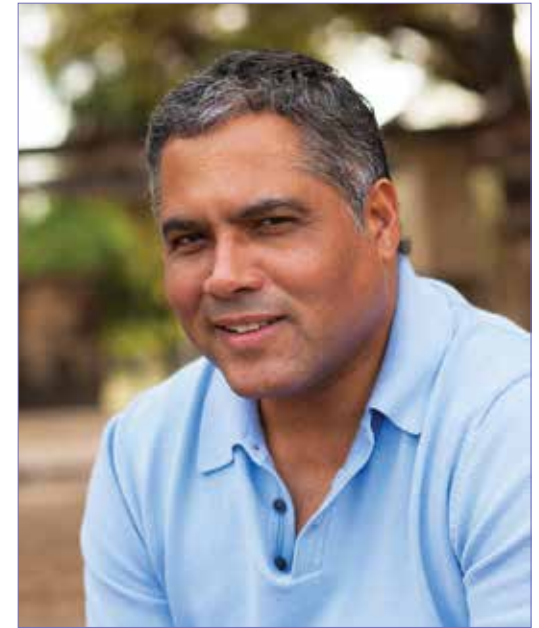
A full range of therapeutic services is available in an attractive, convenient community setting. Services include:

- Initial psychiatric assessment
- Psychopharmacological management
- A multidisciplinary treatment team with expertise in trauma, substance abuse, grief and loss, expressive therapy and cognitive and dialectical behavior therapy (CBT and DBT)
- Daily psychotherapy, psycho-education, expressive therapy, and CBT groups
- Art, music, movement, drama modalities
- Dual diagnosis treatment for adults and a dual diagnosis track for older adults age 65 and above
- CBT skills training
- Individual therapy and case management
- Coordination of care with outside caregivers
- Discharge planning

The program operates Monday through Friday from 9:00 a.m. to 2:00 p.m.

DUAL DIAGNOSIS PARTIAL HOSPITALIZATION

ACS, Fall River's PHP includes treatment for dual diagnosis patients. The focus is to identify and engage behavioral changes needed to establish recovery from addictions. Patients take an in-depth look at the process of relapse, and develop strategies to effectively manage the relapse process as it occurs.



INTENSIVE OUTPATIENT PROGRAM

The Intensive Outpatient Program (IOP) is for patients whose psychiatric and/or co-occurring substance dependence symptoms are impeding their ability to function interpersonally and professionally, but who do not require the intensity of partial hospitalization level of care.

IOP focuses on the stabilization of symptoms through use of CBT and DBT skills to cope with problems and emotions more effectively.

Patients typically participate in IOP three days per week, Tuesday through Thursday from 3:00 p.m. to 6:00 p.m. The overall duration of treatment depends on each individual's need.